

Fact Sheet

Drinks for children

About drinks

- Children need at least 6 glasses of fluid each day.
- Water is the best drink for everyone. It is needed so the body can work properly.
- Milk is also important each day to give the body protein, calcium and other essential vitamins and minerals. It can be provided fresh, or in long life, powdered or evaporated form.'
- Fruit juices and soft drinks are not recommended. They have a large amount of sugar even the 'no added sugar' varieties and can contribute to tooth decay. Eating whole fruit is better than drinking fruit juice.

Everyday drinks for children and families



Tips

- Drink water yourself to encourage your child to do the same
- Serve a jug of water with family meals and have water available for children at all times
- Take filled water bottles when you go out
- Offer full cream milk to children a couple of times a day
- Keep other drinks, such as fruit juice and fizzy drinks for special occasions